



SRI VENKATESWARA
COLLEGE OF ENGINEERING AND TECHNOLOGY
Thirupachur-631203, Tiruvallur TK & DT
Approved by AICTE New Delhi & Affiliated to Anna University, Chennai
(A Telugu Minority Institution)

Awareness on physical fitness



SRI VENKATESWARA
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EVENT REPORT

Date : 06.08.2019

Name of Program : Awareness on physical fitness
Name of Resource person : N.Selvamani
Date : 05.08.2019
Time : 09.00 AM to 3.30 PM
Venue : Seminar Hall
Programme Outcome : PO9, PO10
Total number of student's benefitted : 155

Cardiovascular Health: Regular physical activity strengthens the heart, improves blood circulation, and reduces the risk of heart disease, stroke, and high blood pressure.

Weight Management: Exercise helps maintain a healthy weight by burning calories and building muscle mass.

Bone and Muscle Strength: Weight-bearing activities and resistance training promote bone density and muscle strength, reducing the risk of osteoporosis and fractures.

Improved Immune Function: Regular exercise enhances immune system function, reducing the risk of illness and chronic diseases.

Stress Relief: Physical activity stimulates the production of endorphins, neurotransmitters that alleviate stress and improve mood.

Mental Clarity: Exercise boosts cognitive function, memory, and concentration, contributing to better productivity and mental well-being.

Reduced Anxiety and Depression: Physical activity is linked to lower levels of anxiety and depression symptoms, promoting mental resilience and emotional stability.

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RESOURCE PERSON PROFILE





Name of the Resourse person : N.Selvamani
Qualification : BA
Experience : 4 Years

N.Selvamani completed his degree in bachelor of physical education Dedicated and passionate Physical Fitness Trainer with extensive experience increating customized fitness programs to meet individual client needs.Committed to helping clients achieve their health and fitness goals through effective exercise routines, nutrition guidance, and motivation.Assisted in creating fitness plans and tracking client progress.Supported senior trainers in group classes and personal training sessions.Provided motivation and guidance to clients during workouts.Passionate about sports and outdoor activitiesEnthusiast of healthy cooking and nutritionCommitted to lifelong learning in the fitness industry


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REQUISITION LETTER

Date: 22.07.2019

From

The Placement officer
Sri Venkateswara College of Engineering and Technology
Thirupachur

To

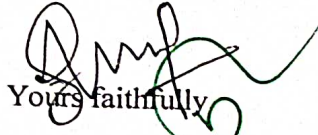
The Principal,
Sri Venkateswara College of Engineering and Technology
Thirupachur

Sub: - Reg – Awareness on physical fitness.

Respected Sir,

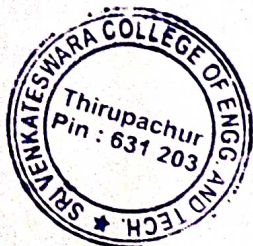
On behalf of the Training & Placement cell at Sri Venkateswara College of Engineering & Technology, we would like to make a request for your permission to conduct the "Awareness on physical fitness ".The program will be held from 05.08.2019 for third year UG(All Branches) students from Campus connect.kindly request you to grant permission to us to conduct the program successfully.

Thanking you.


Yours faithfully

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Date: 29.07.2019

CIRCULAR

Ref: SVCET/ T & P/ Circular

This is to inform that the Training and Placement cell is planned to conduct the program "Awareness on physical fitness" for all the students on 05.08.2019 by N.Selvamani for all the third year students. All the students are asked to attend the session without fail.



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Copy Submitted To Chairman/Secretary/Treasurer-For Kind Information

Copy to:

1. Dean
2. All HODs
3. Notice board/file




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BROCHURE

Date: 29.07.2019



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AWARENESS ON PHYSICAL FITNESS

RESOURCE PERSON

Mr.N.Selvamani

SEMINAR HALL

DATE: 05.08.2019

TIME:9.00AM

Awareness on physical fitness

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DEPARTMENT OF TRAINING AND PLACEMENT CELL

STUDENTS ENROLLMENT LIST

LIFE SKILL PROGRAMME ON AWARENESS ON PHYSICAL FITNESS

ACADEMIC YEAR: 2019-20

S.NO	REGISTER NO.	NAME	DEPARTMENT	YEAR
1	112417103001	ADAM A	CIVIL	III
2	112417103002	AJAY J	CIVIL	III
3	112417103004	ANBARASI J	CIVIL	III
4	112417103006	BHAVANA G	CIVIL	III
5	112417103007	BILL GILINDAN A	CIVIL	III
6	112417103008	DHINAKARAN E	CIVIL	III
7	112417103009	DHINAKARAN J	CIVIL	III
8	112417103010	DIVYA M	CIVIL	III
9	112417103011	DOWLATHBEE S	CIVIL	III
10	112417103012	HARI MENAGARAJ R	CIVIL	III
11	112417103013	HEMA KUMAR A L	CIVIL	III
12	112417103014	LEELAVATHI M	CIVIL	III
13	112417103016	MONIKA S	CIVIL	III
14	112417103017	MOULICHANDAR S	CIVIL	III
15	112417103019	OMPRAKASH K	CIVIL	III
16	112417103020	PAVITHRA R	CIVIL	III
17	112417103021	SAINA S	CIVIL	III
18	112417103022	SARASWATHI D	CIVIL	III
19	112417103023	SRIRANJANI S	CIVIL	III
20	112417103024	TAMILSELVI. M (19/9/99)	CIVIL	III
21	112417103026	THIRUMAVALAVAN A	CIVIL	III
22	112417103027	VANITHA R	CIVIL	III
23	112417103028	YOGESHWARI M	CIVIL	III



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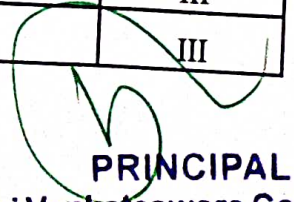
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25	112417103302	JOHN DEEPAK E	CIVIL	III
26	112417103303	LISSI K	CIVIL	III
27	112417103304	MANIKANDAN K	CIVIL	III
28	112417103305	MONISHA R	CIVIL	III
29	112417103306	PASUPATHI M	CIVIL	III
30	112417103307	POOVERRAJ M	CIVIL	III
31	112417103308	PRABAKARAN K	CIVIL	III
32	112417103309	PREM KUMAR S	CIVIL	III
33	112417103310	SHESHADRI M	CIVIL	III
34	112417103311	VIGNESH K	CIVIL	III
35	112417103312	VINOTH KUMAR I	CIVIL	III
36	112417103313	VISHAL S	CIVIL	III
37	112417104001	ABIRAMI C	CSE	III
38	112417104002	AKASH V	CSE	III
39	112417104003	ANUPRIYA S	CSE	III
40	112417104004	ARUN S	CSE	III
41	112417104005	BARGAVI D	CSE	III
42	112417104006	CHARLES S	CSE	III
43	112417104007	DAARTHY A	CSE	III
44	112417104008	DEEPIKA J	CSE	III
45	112417104009	GNANA ANISH A	CSE	III
46	112417104010	HEMACHANDRAN V	CSE	III
47	112417104011	ISWARYA S	CSE	III
48	112417104012	JOTHIKA G	CSE	III
49	112417104013	KALAIYARASI B	CSE	III
50	112417104014	KAVITHA K	CSE	III
51	112417104015	KAVIYA S	CSE	III




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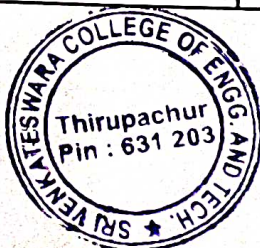


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52	112417104016	KAVIYARASI G P	CSE	III
53	112417104017	KEERTHIKA K	CSE	III
54	112417104018	KOTTESWARAN M	CSE	III
55	112417104019	LOKESHWARI S	CSE	III
56	112417104020	LYDIA RUNKE P	CSE	III
57	112417104021	MOHANRAJ S	CSE	III
58	112417104022	NANDHINI M	CSE	III
59	112417104023	NAZEEYA BEGUM A	CSE	III
60	112417104025	NITHISH KUMAR P	CSE	III
61	112417104026	PAVITHRA E	CSE	III
62	112417104027	PREETHA R	CSE	III
63	112417104028	PREETHA R	CSE	III
64	112417104029	PREETHI B	CSE	III
65	112417104030	PREETHI B	CSE	III
66	112417104031	PUNITHAN R	CSE	III
67	112417104032	RAGURAMAN K	CSE	III
68	112417104033	RAJESH KANNAN K	CSE	III
69	112417104034	SANTHOSH S	CSE	III
70	112417104035	SHANTHI S	CSE	III
71	112417104036	SHILPA S	CSE	III
72	112417104038	TEENA J	CSE	III
73	112417104039	UPPULURI SAI JEEVAN	CSE	III
74	112417104040	VENKATESAN N	CSE	III
75	112417104041	VIJAYASREE M	CSE	III
76	112417104042	VIMALA T	CSE	III
77	112417104303	SANDALIYA M	CSE	III
78	112417106001	AISWARYA C	ECE	III
79	112417106002	AMALI C	ECE	III



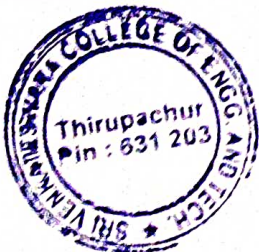
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80	112417106003	AMMINENI REVANTHI	ECE	III
81	112417106004	ASWINI.U	ECE	III
82	112417106005	BANUMATHI.R	ECE	III
83	112417106006	BHAVANI.K	ECE	III
84	112417106007	BHAVANIS	ECE	III
85	112417106008	BHUVANESHWARI.P	ECE	III
86	112417106009	CATHRIN K	ECE	III
87	112417106010	DEVAGIT	ECE	III
88	112417106011	DILLIBABU.B	ECE	III
89	112417106012	DIVYA.M	ECE	III
90	112417106014	DOMMITHI DINESHKUMA	ECE	III
91	112417106015	GEETHA RANIJ	ECE	III
92	112417106016	GNANAVEL.M	ECE	III
93	112417106017	GOKUL ESWARAN.N	ECE	III
94	112417106018	GOMATHI S	ECE	III
95	112417106019	GRACEYAS.M	ECE	III
96	112417106020	HAARTHI I	ECE	III
97	112417106022	HIDAYATHULLAH.A.R	ECE	III
98	112417106023	ILAKKIYA.P	ECE	III
99	112417106025	KARANAM BHARATH KU	ECE	III
100	112417106026	KIRAN SOFIA B	ECE	III
101	112417106027	KOWSALYA.R	ECE	III
102	112417106029	LAKSHMIPRIYA S	ECE	III
103	112417106030	LAVANYA J	ECE	III
104	112417106031	MADHANRAJ GP	ECE	III
105	112417106032	MAGESWARI.T.M	ECE	III
106	112417106033	MALATHI.J	ECE	III
107	112417106034	MARIA VICTORIA A	ECE	III



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108	112417106035	MOHAMED NAVAZ	ECE	III
109	112417106036	MOHAMMED NIYAZ.S	ECE	III
110	112417106037	MOHANAKRISHNAN.D	ECE	III
111	112417106038	MONISHA D	ECE	III
112	112417106039	MONISHA.P	ECE	III
113	112417106040	MUTHULAKSHMI.S	ECE	III
114	112417106041	NAGENDIRAN.M	ECE	III
115	112417106042	PAVITHIRA.S	ECE	III
116	112417106044	PRAJAPATHI S	ECE	III
117	112417106045	PRASANTHI.B	ECE	III
118	112417106046	PRAVEEN KUMAR.R	ECE	III
119	112417106047	PUNITH KUMAR.M	ECE	III
120	112417106048	RAGUPATHI B	ECE	III
121	112417106049	RAKESH.R	ECE	III
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123	112417106051	RAMANUJAM.M	ECE	III
124	112417106052	RAMYA.R	ECE	III
125	112417106053	SADHANA S	ECE	III
126	112417106054	SANGAMITHIRA A	ECE	III
127	112417106055	SANGEETHA.V	ECE	III
128	112417106056	SANJAY.C	ECE	III
129	112417106058	SANTHOSH KUMAR.S(14.1	ECE	III
130	112417106059	SARANYA.N	ECE	III
131	112417106060	SARASWATHI.S	ECE	III
132	112417106061	SARAVANAN.K	ECE	III
133	112417106063	SHARMILA D	ECE	III
134	112417106064	SINDHYA.D	ECE	III
135	112417106065	SIVA KUMAR K	ECE	III




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136	112417106066	SIVENESH.E	ECE	III
137	112417106067	SOWMIYA.Y	ECE	III
138	112417106068	SREE HARITHA R	ECE	III
139	112417106069	SUJITHKUMAR	ECE	III
140	112417106070	SUMATHI.M	ECE	III
141	112417106071	SURENDHAR.S	ECE	III
142	112417106072	SUSMITHA.R	ECE	III
143	112417106073	M.SWATI	ECE	III
144	112417106075	SWETHA A	ECE	III
145	112417106076	TAMILSELVI.R	ECE	III
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147	112417106079	VASUMATHI	ECE	III
148	112417106080	VEERASEKARAN.G	ECE	III
149	112417106082	VINITHA	ECE	III
150	112417106083	YAMINI.K	ECE	III
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152	112417106085	YUVARAJ.P	ECE	III
153	112417106086	YUVARANI	ECE	III
154	112417106303	SANTHOSH KUMAR	ECE	III
155	112417106701	DEEPIKA	ECE	III

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DEPARTMENT OF TRAINING AND PLACEMENT CELL

ATTENDANCE SHEET

LIFE SKILL PROGRAMME ON AWARENESS ON PHYSICAL FITNESS

YEAR: 2019-20

DATE:05.08.2019

S.NO	REGISTER NO.	NAME	DEPT	SIGNATURE
1	112417103001	ADAM A	CIVIL	Adam
2	112417103002	AJAY J	CIVIL	Ajay
3	112417103004	ANBARASI J	CIVIL	Anbarasan
4	112417103006	BHAVANA G	CIVIL	Bhavana
5	112417103007	BILL GILINDAN A	CIVIL	Bill Gilinda
6	112417103008	DHINAKARAN E	CIVIL	Dhina
7	112417103009	DHINAKARAN J	CIVIL	Dinjan
8	112417103010	DIVYA M	CIVIL	Divya
9	112417103011	DOWLATHBEE S	CIVIL	Dowlath
10	112417103012	HARI MENAGARAJ R	CIVIL	Harsi
11	112417103013	HEMA KUMAR A L	CIVIL	Hema
12	112417103014	LEELAVATHI M	CIVIL	Leela
13	112417103016	MONIKA S	CIVIL	Monika
14	112417103017	MOULICHANDAR S	CIVIL	Mouli
15	112417103019	OMPRAKASH K	CIVIL	Ompakash
16	112417103020	PAVITHRA R	CIVIL	Pavitra
17	112417103021	SAINA S	CIVIL	Saina
18	112417103022	SARASWATHI D	CIVIL	Sarasathi
19	112417103023	SRIRANJANI S	CIVIL	Sriranji
20	112417103024	TAMILSELVI. M (19/9/99)	CIVIL	Tamilselvi



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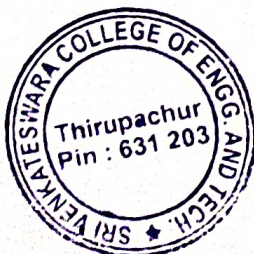


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21	112417103026	THIRUMAVALAVAN A	CIVIL	A. Thirumavalavan
22	112417103027	VANITHA R	CIVIL	Vanitha
23	112417103028	YOGESHWARI M	CIVIL	Yogeshwari
24	112417103301	EDWIN E	CIVIL	Edwin
25	112417103302	JOHN DEEPAK E	CIVIL	John Deepak
26	112417103303	LISSI K	CIVIL	Lissi
27	112417103304	MANIKANDAN K	CIVIL	K. Manikandan
28	112417103305	MONISHA R	CIVIL	Monisha
29	112417103306	PASUPATHI M	CIVIL	Pasupathi
30	112417103307	POOVERAJ M	CIVIL	M. Pooveraj
31	112417103308	PRABAKARAN K	CIVIL	K. Prabalran
32	112417103309	PREM KUMAR S	CIVIL	Premkumar
33	112417103310	SHESHADRI M	CIVIL	M. Sheshadri
34	112417103311	VIGNESH K	CIVIL	Vignesh
35	112417103312	VINOTH KUMAR I	CIVIL	T. Vinobha
36	112417103313	VISHAL S	CIVIL	Vishal
37	112417104001	ABIRAMI C	CSE	Abirami
38	112417104002	AKASH V	CSE	Akash
39	112417104003	ANUPRIYA S	CSE	S. Anupriya
40	112417104004	ARUN S	CSE	Arun
41	112417104005	BARGAVI D	CSE	D. Bargavi
42	112417104006	CHARLES S	CSE	Charles
43	112417104007	DAARTHY A	CSE	A. Daarthi
44	112417104008	DEEPIKA J	CSE	Deepika
45	112417104009	GNANA ANISH A	CSE	Gnana Anish



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46	112417104010	HEMACHANDRAN V	CSE	Hema Chandran
47	112417104011	ISWARYA S	CSE	Iswarya S.
48	112417104012	JOTHIKA G	CSE	Jothika G.
49	112417104013	KALAIYARASI B	CSE	Kalaiyarsi B.
50	112417104014	KAVITHA K	CSE	Kavitha K.
51	112417104015	KAVIYA S	CSE	Kaviya S.
52	112417104016	KAVIYARASI G P	CSE	Kaviyarsi G.P.
53	112417104017	KEERTHIKA K	CSE	Keerthika K.
54	112417104018	KOTTESWARAN M	CSE	KOTTESWARAN M.
55	112417104019	LOKESHWARI S	CSE	Lokeshwari S.
56	112417104020	LYDIA RUNKE P	CSE	Lydia Runke P.
57	112417104021	MOHANRAJ S	CSE	Mohanraj S.
58	112417104022	NANDHINI M	CSE	Nandhini M.
59	112417104023	NAZEEYA BEGUM A	CSE	Nazeeya Begum A.
60	112417104025	NITHISH KUMAR P	CSE	Nithish Kumar P.
61	112417104026	PAVITHRA E	CSE	Pavithra E.
62	112417104027	PREETHA R	CSE	Preetha R.
63	112417104028	PREETHA R	CSE	Preetha R.
64	112417104029	PREETHI B	CSE	Preethi B.
65	112417104030	PREETHI B	CSE	Preethi B.
66	112417104031	PUNITHAN R	CSE	Punithan R.
67	112417104032	RAGURAMAN K	CSE	Raguraman K.
68	112417104033	RAJESH KANNAN K	CSE	Rajesh Kannan K.
69	112417104034	SANTHOSH S	CSE	Santhosh S.
70	112417104035	SHANTHI S	CSE	Shanthi S.



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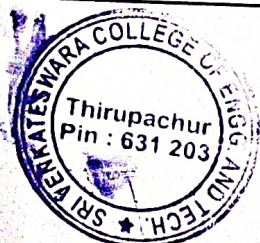
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71	112417104036	SHILPA S	CSE	Shilpa
72	112417104038	TEENA J	CSE	Teena
73	112417104039	UPPULURI SAI JEEVAN	CSE	Uppuluri Sai Jeevan
74	112417104040	VENKATESAN N	CSE	Venkatesan
75	112417104041	VIJAYASREE M	CSE	Vijayasree
76	112417104042	VIMALA T	CSE	Vimala
77	112417104303	SANDALIYA M	CSE	Sandalia
78	112417106001	AISWARYA C	ECE	Aiswarya
79	112417106002	AMALI.C	ECE	Amali
80	112417106003	AMMINENI REVANTH	ECE	Ammineni Revanth
81	112417106004	ASWINI.U	ECE	Aswini
82	112417106005	BANUMATHI.R	ECE	Banumathi
83	112417106006	BHAVANI.K	ECE	Bhavani
84	112417106007	BHAVANIS	ECE	Bhavani
85	112417106008	BHUVANESHWARI.P	ECE	Bhuvaneshwari
86	112417106009	CATHRIN K	ECE	Cathrin
87	112417106010	DEVAGI T	ECE	Devagi
88	112417106011	DILLIBABU.B	ECE	Dillibabu
89	112417106012	DIVYA.M	ECE	Divya
90	112417106014	DOMMITHI DINESHKUMA	ECE	Dommithi Dineshkuma
91	112417106015	GEETHA RANI J	ECE	Geetha
92	112417106016	GNANAVEL M	ECE	Gnanavel
93	112417106017	GOKUL ESWARAN.N	ECE	Gokul Eswaran
94	112417106018	GOMATHI S	ECE	Gomathi
95	112417106019	GRACEYAS.M	ECE	Graceyas



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96	112417106020	HAARTHI I	ECE	Haarthi
97	112417106022	HIDAYATHULLAH.A.R	ECE	Hidayathullah
98	112417106023	ILAKKIYA.P	ECE	Ilakkiya
99	112417106025	KARANAM BHARATH KU	ECE	Karanam Bharath
100	112417106026	KIRAN SOFIA B	ECE	Kiran Sofia
101	112417106027	KOWSALYA.R	ECE	Kowsalya
102	112417106029	LAKSHMIPRIYA S	ECE	Lakshmi Priya
103	112417106030	LAVANYA J	ECE	Lavanya
104	112417106031	MADHANRAJ GP	ECE	Madhanraj
105	112417106032	MAGESWARI.T.M	ECE	Mageswari
106	112417106033	MALATHI.J	ECE	Malathi
107	112417106034	MARIA VICTORIA A	ECE	Maria Victoria
108	112417106035	MOHAMED NAVAZ	ECE	Mohamed Navaz
109	112417106036	MOHAMMED NIYAZ.S	ECE	Mohammed Niyaz
110	112417106037	MOHANAKRISHNAN.D	ECE	Mohanakrishnan
111	112417106038	MONISHA D	ECE	Monisha
112	112417106039	MONISHA.P	ECE	Monisha
113	112417106040	MUTHULAKSHMI.S	ECE	Muthulakshmi
114	112417106041	NAGENDIRAN.M	ECE	Nagendiran
115	112417106042	PAVITHIRA.S	ECE	Pavithira
116	112417106044	PRAJAPATHI S	ECE	Prajapathi
117	112417106045	PRASANTHI.B	ECE	Prasanthi
118	112417106046	PRAVEEN KUMAR.R	ECE	Praveen Kumar
119	112417106047	PUNITH KUMAR.M	ECE	Punith Kumar
120	112417106048	RAGUPATHI B	ECE	Ragupathi



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121	112417106049	RAKESH.R	ECE	Rakesh
122	112417106050	RAKESH KUMAR.R	ECE	D. Rakesh Kumar
123	112417106051	RAMANUJAM.M	ECE	Ramanujam
124	112417106052	RAMYA.R	ECE	R. Ramya
125	112417106053	SADHANA S	ECE	Sadhana
126	112417106054	SANGAMITHIRA A	ECE	A. Sangamithira
127	112417106055	SANGEETHA.V	ECE	Sangeetha
128	112417106056	SANJAY.C	ECE	C. Sanjay
129	112417106058	SANTHOSH KUMAR.S(14.1	ECE	S. Santhosh Kumar
130	112417106059	SARANYA.N	ECE	Saranya
131	112417106060	SARASWATHI.S	ECE	Saraswathi
132	112417106061	SARAVANAN.K	ECE	K. Saravanan
133	112417106063	SHARMILA D	ECE	Sharmila
134	112417106064	SINDHYA.D	ECE	D. Sindhya
135	112417106065	SIVA KUMAR K	ECE	K. Sivakumar
136	112417106066	SIVENESH.E	ECE	E. Sivenesh
137	112417106067	SOWMIYA.Y	ECE	Y. Sowmya
138	112417106068	SREE HARITHA R	ECE	R. Sree Haritha
139	112417106069	SUJITHKUMAR	ECE	Sujith Kumar
140	112417106070	SUMATHI.M	ECE	M. Sumathi
141	112417106071	SURENDHAR.S	ECE	S. Surendhar
142	112417106072	SUSMITHA.R	ECE	R. Susmitha
143	112417106073	M.SWATI	ECE	Swati
144	112417106075	SWETHA A	ECE	A. Swetha
145	112417106076	TAMILSELVI.R	ECE	R. Tamil Selvi



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146	112417106077	TAMILARASI	ECE	Tamilarasi
147	112417106079	VASUMATHI	ECE	Vasumathi
148	112417106080	VEERASEKARAN.G	ECE	Veerasekar
149	112417106082	VINITHA	ECE	Vinitha
150	112417106083	YAMINI.K	ECE	Yamini
151	112417106084	YUVRAJ.E	ECE	Yuvraj
152	112417106085	YUVARAJ.P	ECE	Yuvraj
153	112417106086	YUVARANI	ECE	Yuvrani
154	112417106303	SANTHOSH KUMAR	ECE	Santhosh
155	112417106701	DEEPIKA	ECE	Deepika

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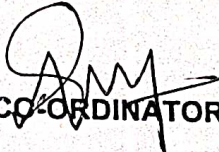
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CERTIFICATE OF PARTICIPATION


This is to certify that Mr/Ms..... ADAMof
IIIyear, Department of..... CIVILEngineering
 has successfully participated the "Awareness on physical fitness" held on 05.08.19
 during the academic year 2019-2020.


 CO-ORDINATOR


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Awareness on physical fitness




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